



# Heart Disease and Stroke in DHH Region 9

(Parishes: Livingston, St. Helena, St. Tammany, Washington)

## Heart disease and stroke in Louisiana:

- Heart disease and stroke are the 1st and 4th killers of all Louisianans, respectively.
- In 2007, 9,947 people died of heart disease and 2,135 people died of stroke.
- Louisiana had the 6th highest mortality rate for heart disease and the 9th highest mortality rate for stroke in the nation in 2007.

## Heart disease and stroke in DHH Region 9:

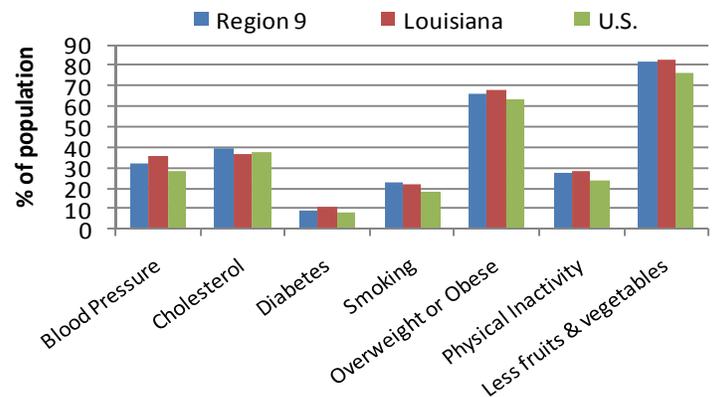
- In 2007, 23.7% (1,071) of deaths in Region 9 were caused by heart disease and 6.0% (272) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 9 had the 4th highest mortality rates for heart disease and highest for stroke in Louisiana in 2007.

## Risk Factors (2009)

In Region 9:

- 32.4% had high blood pressure [95% CI: 34.3-37.0]
- 39.1% had high cholesterol [95% CI: 35.1-43.2]
- 9.4% had diabetes [95% CI: 7.4-11.5]
- 23.2% were smokers [95% CI: 19.2-27.1]
- 65.9% were either overweight or obese [95% CI: 57.5-74.3]
- 27.5% did not get enough physical exercise [95% CI: 23.7-31.3]
- 81.5% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 77.7-85.3]

## Risk Factor Prevalence, Region 9, 2009

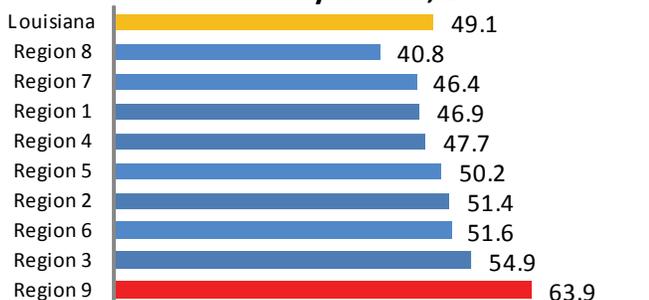


## Heart Disease Mortality Rates \*, 2007



\* Age-adjusted mortality rate per 100,000 population

## Stroke Mortality Rates \*, 2007



\* Age-adjusted mortality rate per 100,000 population



## Data Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2007. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2007 Series 20 No. 2M, 2010.

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.